



Cyan Magenta Yellow Black

**Splash splash***Mommies and tots take a dip for fun.*

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Fort Riley Post

Troopers open season*Fort Riley Middle School boys play Manhattan's Anthony*

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Friday, January 21, 2005

America's Warfighting Center

Vol. 48, No. 3

Around The Army**Wiesbaden:**

The European Stars and Stripes reported Jan. 19 that the Wiesbaden, Germany-based 1st Armored Division received "deployment warning orders" the previous week. Several sources told Stars and Stripes that a call-up could be imminent. The division could deploy sometime between Nov. 1, 2005, and mid-January, 2006.

In addition, a stop-loss order will go into effect Aug. 1 for the division, according to sources. Warning orders are informal notifications alerting personnel they could be deployed.

"Units were notified; Soldiers were notified in order to let families know" that the 1st Armored Div. might deploy to Iraq, said a division official who asked not to be identified. The orders could affect as many as 10,000 Soldiers at 11 bases across central Germany.

For more on this story and other U.S. military news in Europe, visit estripes.com on the Web.

Fort Hood:

The Sentinel reported Dec. 9 that the 2nd Brigade, 1st Cavalry Division, had been extended in Iraq an additional two months to support security operations during the upcoming Iraqi elections.

The 3,500-strong brigade and a Marine expeditionary unit, an Army transportation company based in Germany, Soldiers from the 2nd Brigade, 25th Infantry Division from Hawaii and two battalions of the 82nd Airborne Division were included in the expanded strength of U.S. Forces in Iraq.

For more about this story and other Fort Hood news, visit www.militarynews.com or www.sentinelontheWeb.

Iraq:

The Turret at Fort Knox, Ky., reported Dec. 10 that Soldiers of the 76th Explosive Ordnance Detachment were using metal detection devices to find explosive ordnance placed by insurgents in a youth soccer field built by members 2nd Squadron, 7th Cavalry, in Taraymia.

Several unexploded ordnances were buried in the area before the Soldiers began building the soccer field. When a child was killed while playing on the field, insurgents began a propaganda claim that Americans were building soccer fields to kill Iraqi children.

For more on this story and other Fort Knox news, visit www.turret.com on the Web.

Iraq:

The Associated Press reported in The (Junction City) Daily Union Jan. 16 that a 1st Battalion, 41st Infantry, staff sergeant from Fort Riley had been convicted of murder in the alleged mercy-killing of a severely injured Iraqi teenager and was sentenced to a year in prison.

Staff Sgt. Jonathan J. Alban-Cardenas of Inglewood, Calif., is the second Soldier convicted of shooting the wounded 16-year-old as U.S. forces battled an uprising in Baghdad's Shiite Muslim stronghold of Sadr City in August.

Army overpays 53,000 Soldiers

Nearly 890 Fort Riley Soldiers will see corrections beginning this monthBy Eric W. Cramer
Army News Service

WASHINGTON — Soldiers who see an extra few hundred dollars in their mid-month January paychecks shouldn't spend it.

The Defense Finance and Accounting Service made an error that will cause about 53,000 Soldiers to be paid too much in January. The Army will collect the funds from end-of-month paychecks to restore financial balance.

Most of the affected Soldiers will receive overpayments between \$200 and \$300. Three hundred sixteen Soldiers will receive overpayments of more than \$500, a DFAS official said. Eight hundred eighty-two Soldiers at Fort Riley are among those overpaid.

Five Soldiers have debts more than \$500 and 877 Soldiers have debts ranging from \$7.10 to \$488.13, with the vast majority being \$220.10 and less, said Maj. Carmen Reyes, finance officer at Fort Riley.

When the Army "draws back" the overpayments, it will take back the overpayments of \$500 and more in two installments, officials said, to reduce any potential hardship for Soldiers.

See Payroll, Page 2

Natives' view



Rachel Harder (center) who works for the Directorate of Logistics at Fort Riley and Air Force Staff Sgt. Randy Paine of the 10th Air Support Operations Squadron at Fort Riley, talk with Susan Dakak after she and Dr. Mahmud Thamer offered their views of the U.S. removal of Saddam Hussein from power in Iraq. The two Iraqi-Americans spoke Jan. 12 at Barlow Theater.

Post/Heronemus

Iraqi Americans discuss war's impact

By Mike Heronemus
Editor

"Saddam (Hussein) destroyed the family structure in Iraq. He turned brother against brother. He turned sons into informers against their fathers. Fathers could not trust their sons," said Dr. Mahmud Thamer, an Iraqi-born cardiologist who is now an American citizen.

"If an American asks an Iraqi on the street if they are glad American Soldiers are in their country, they will probably not tell you the whole truth. They are still afraid someone is spying on them. But, when I asked them, they told me they are glad," said Susan Dakak, an Iraqi-born civil engineer who became a U.S. citizen and recently returned to her native country for six months to help rebuild water and sewage systems destroyed by Saddam's regime.

The two Iraqi-Americans spoke to groups of officers and



Susan Dakak
Born in Iraq but has lived in United States since 1978. Became a U.S. citizen in 1984. Works as a senior engineer and vice president of Intuitive Technologies in Knoxville, Tenn.

families at Fort Riley Jan. 12 and 13 about their experiences in Iraq, their reasons for coming to the United States and their views on why it is a good thing that America removed Saddam from power.

Thamer said he remembers a time when family bonds were strong in Iraq, perhaps the strongest family bonds of any nation in the world. After Sad-



Dr. Mahmud Thamer
Born in Iraq. Became advisor to the Iraqi Ministry of Health after the fall of Saddam Hussein's regime. Lives in United States.

dam brought the nation's general population to poverty by spending Iraq's money and resources on nonproductive projects, such as his palaces, families thought more and more about how they would survive than about family bonds. "First they sold their jewelry, then their carpets, then their refrigerators and then their windows and doors," he

said. Saddam fought many wars, Thamer said, so he had to conscript Soldiers. "Once you were drafted, you never got out of the Army," he said. "But Saddam paid Soldiers so little that he had many deserters. So, he would pay anyone who turned in deserters."

Before long, no one could trust anyone and even family members were turning in their relatives in order to make a little money to live, he said.

Before the Ba'ath Party (Saddam's regime) came to power, one Iraqi dinar was worth about \$3.30, Thamer said. "Now one dinar is less than one-tenth of one cent, he said.

Iraq's people should not be so poor, Thamer said. The country lies in the fertile area of Mesopotamia, between the Tigris and Euphrates rivers, it has good weather for agriculture, it has a wealth of miner-

See Iraqis, Page 2

Iraqis to vote Jan. 30

Multinational Force Iraq will support in backgroundBy Jim Garamone
AFPS

BAGHDAD, Iraq — Troops from Multinational Force Iraq are working to ensure every Iraqi who wants to vote has the chance to do so in the Jan. 30 election.

The election is "a high stakes" event for the Iraqi people and for the coalition, said a senior MFI official. "This is the first democratic election since the state of Iraq was established in 1928," the official said. "I guess you could really say it's the first election in this part of Iraq in 5,000 years."

The Independent Election Commission of Iraq is running the election. The commission, set up under the Transitional Administration Law, has nine members.

Iraq has 13 million eligible voters, roughly half the population. They already are registered to vote through the identification process set up for distributing rations. The commission plans to set up 6,000 voting sites nationwide, each with up to five voting booths. Iraqis living in 14 other countries also may vote in the election.

Iraqis will be voting for members of the 275-seat National Assembly. That group will then choose a president, deputy presidents and prime minister. Then the assembly will become a constitutional convention and design a permanent government for the country.

At the end of December, 256 "entities," or parties, and 6,239 assembly candidates were registered for the election. The administrative law states that 25 percent of the assembly must be women.

The commission can call on MFI for support. The official said any request from the commission must be in writing; it

See Election, Page 3

Doctor: Infections not serious at Fort Riley

Only five wounded Soldiers diagnosed with bacteria, but not blood typeBy Mike Heronemus
Editor

Unexpectedly high numbers of wounded Soldiers suffering with a rare, antibiotic-resistant blood infection has not become a concern at Irwin Army Community Hospital, though some Soldiers have come from Walter Reed Army Medical Center where the

infections caused by Acinetobacter Baumannii bacteria were diagnosed.

Dr. (Maj.) Todd Vento, chief of preventive medicine at IACH, said five cases of infections caused by the Acinetobacter bacteria showing up at IACH were not blood infections. The IACH patients suffered skin infections or simple colonized areas of the

bacteria causing no infection, and all were Soldiers diagnosed with the infections before they returned to Fort Riley, Vento said.

"All of our cases have done very well, with no prolonged complications associated with the infection," he said Dec. 28.

The Pentagon newspaper published at Fort Myer, Va., reported Nov. 26 that 102 Soldiers

had tested positive for Acinetobacter Baumannii between Jan. 1, 2002, and Aug. 31, 2004. As of mid-November 2004, 85 patients who served in Operation Iraqi Freedom or Operation Enduring Freedom had been identified with the bloodstream infections.

Medical officials at Walter Reed and the Landstuhl Regional Medical Center in Germany were

unsure about where the Soldiers contracted the blood infections, the paper reported.

The bacterium does not spread like a flesh-eating virus and is not overly dangerous in the civilized world, according to Lt. Col. Joel Fishbain, assistant chief of infectious diseases at Walter Reed, the Pentagon reported. Fishbain

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You can find the Fort Riley Post online at www.riley.army.mil



Post news in brief

Housing office closes to train

The Fort Riley Housing Office, Building 45 Barry Avenue, will be closed on Feb. 18 for employee training. It will reopen at 7:30 a.m. Feb. 22.

Job fair slated for February

The Army Career & Alumni Program Center at Fort Riley will host a job fair from 9 a.m. to 1 p.m. Feb. 11 in Room 7 of Building 210.

As many as 20 employers are expected to be present to visit with Soldiers and families to discuss available career opportunities.

Resumes are not required. Professional ACAP counselors are available to discuss questions about a successful job search.

This also is a chance for spouses of deployed Soldiers who plan to leave military service after their return, to find out and share with their loved ones the employment opportunities available to the Soldier and the spouse.

For more information on employers scheduled to attend, visit the ACAP Center or call 239-2278 or 239-2248.

myPay eases transactions

The Defense Finance and Accounting Service implemented the myPay web-based system in March 2000. myPay delivers pay information and lets servicemembers and federal employees process pay-related transactions timely, safely and securely. The Web-based system reduces the risks of identity theft associated with postal delivery by allowing members to access electronic 1099R forms and other financial information. myPay matches industry standards for the highest level of encryption and security to protect myPay users.

Any eligible person without a PIN (personal identification number) for accessing myPay can obtain one via e-mail by clicking on the New PIN button on the myPay Web site. A temporary PIN will be e-mailed to the requester's official e-mail address.

For more information about myPay, call the DFAS contact center toll free at (800) 390-2348.

For information regarding 1099R forms, call (800) 321-1080.

Iraqis

continued from page 1

als, plenty of water and the largest reserve of oil in the world, he explained. It also has a good balance between the number of people who live there and the amount of resources it has, and the people are educated, he added.

While Saddam was in power, nobody was allowed to become a teacher unless he was a member of the Ba'ath Party and he would teach about the magnificence of Saddam, Thamer said. To criticize Saddam was to commit a crime punishable by death; to hear someone criticize Saddam and not defend Saddam also was a crime punishable by death, he said.

People turn to religion when faced with such oppression, Thamer said. So, Saddam would build mosques and place imams in them who would preach the glory of Saddam as though he were God and that anyone who criticized Saddam was doing the same as criticizing God, he said.

"When the statue of Saddam fell, you had a society that had been oppressed for 35 years and were in shock that Saddam was gone. It will take time for Iraqis to recover, but they will," Thamer said. They want democracy, Thamer insisted, and when they show they have it, it will be a good example for other countries in the region, he assured.

Iraqis have a better life today than they did when Saddam was in power, Dakak said. "The economy is flourishing. People are making more money than they can spend," she said, mentioning the number of satellite TV dishes so prevalent now. "They want to see what the rest of the world has to offer. They use cell phones and send e-mail all the time," she said about the Iraqi relatives she became reacquainted with while working there for six months.



Post/Heronemus

Dr. Mahmoud Thamer, an Iraqi American speaking to families at Fort Riley Jan. 12, makes a point about Saddam Hussein destroying family bonds in his native country.

The women of Iraq have accomplished remarkable things in the short time since Saddam's regime fell, she said. They got Resolution 137 abolished, she said. Resolution 137 essentially restricted all women to their homes, Dakak explained.

They also wanted 25 percent representation in the new government, and by getting thousands of petitions signed all over the country, demonstrating in public and then talking to members of the governing council, achieved that goal, she said.

"The women now have hope that things will get better," Dakak said.

To a question from the audience about how Iraqis feel about U.S. Soldiers being in their country, Dakak told about asking her relatives what she could send their children when her husband goes

to Iraq to work for a while.

"They wanted me to send them uniforms like the Soldiers wear," she said. "These children idolize the American Soldier. They are their superheroes."

The fight to make Iraq a free and democratic nation isn't being fought just by U.S. Soldiers, Thamer reminded. "More than 10,000 Iraqis died in Saddam's prisons because they opposed him. About 1,500 Iraqis died in the war. They still enroll in dangerous jobs in dangerous areas" because they want to be free, he said.



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Payroll

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Those who received less than \$500 extra will see the drawback in the January end of the month paycheck, said Col. Kenneth Crowder, director of Army Pay Operations for the Defense Finance and Accounting Service. Those affected are Soldiers who have Army meal cards but who are authorized for reimburse-

ment for some meals, he said.

Crowder said an incorrect date entered into a computer database caused the error.

He said DFAS was changing to the new rate for meal reimbursements when a data entry error backdated the change to 2004.

"If (the computer system) tried to apply the new rate to the entire

previous year," Crowder said.

He said DFAS is notifying the affected Soldiers via their Army Knowledge Online accounts and through their chains of command.

"Every Soldier involved will receive a specific, personal e-mail explaining what occurred and what the corrective actions are," Crowder said.

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Post news in brief

Post limits Soldier support

Because of world affairs, Fort Riley's community support is extremely limited. Until about Feb. 1, 2005, community members may not receive Fort Riley support for color guards and requests for military equipment.

Fort Riley will continue to support requests for the Commanding General's Mounted Color Guard, on-post tours and speakers.

For more information, call the Public Affairs Office at 239-3033.

Claims due within 70 days

Soldiers must submit claims for household goods shipment damage on DD Form 1840R (pink) to the Fort Riley claims office within 70 days of receiving their shipment or the amount allowed for damage may be greatly reduced, according to representatives of the post's Staff Judge Advocate's Office.

The completed claim packet must be submitted within two years after delivery.

The claims office is located in Room 106 of Patton Hall, Building 200.

For more information, call 239-3830 or 239-2633.

Antiterrorism training online

Antiterrorism Awareness Training required annually for all military, Department of the Army civilians and Department of Defense contract workers is available online at <http://at-awareness.org>.

To access the training site, use the access code word "aware."

Election

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must be appropriate for the MNFI to provide the support; and it must be available. "The areas that we are primarily involved in are security, logistics and communications," the official said.

He said the MNFI has a good relationship with the commission and with the United Nations group that is helping the commission.

As the elections approach, more requests are coming from the commission, especially in the security area. While it is important that MNFI provide support to the commission, it is more important that the Iraqis run this election, the official said.

Coalition forces are not, for example, involved in any voter education effort, nor will coalition troops pass out literature on the elections.

"It's best if that material is handed directly from Iraqi security forces or Iraqi people to Iraqis and not from MNFI," he said.

Security obviously is the greatest concern as the election approaches, and officials expect violence in the country to intensify. Members of the voting commission, for example, received eight threats in November, 54 in December, and, as of Jan. 10, already had received 25 credible threats this month.

The two most dangerous provinces now are Anbar and Ninewa. The commission is working with MNFI units to increase security in those provinces, but

this will be tough, the official said, especially in Anbar, where Marines and Soldiers recently ended a major offensive against insurgents in Fallujah.

Iraqi and coalition officials are adamant that the election must have an Iraqi face, which means Iraqis must provide the security. MNFI officials are planning a layered security system around the polling places.

Iraqi police and Iraqi army and National Guard personnel will provide immediate security around polling places. The next layer of security will be in surrounding neighborhoods, where people and vehicles will be

Britain to deploy more troops to support elections

By Donna Miles

AFPS

WASHINGTON — The United Kingdom will deploy more troops to Iraq to help provide security support during the upcoming Iraqi elections, the British defense secretary announced Jan. 10 in London.

Secretary of State for Defence Geoff Hoon said Britain would deploy 400 troops from the 1st Battalion, known as the Royal Highland Fusiliers, for a limited period of time as security reinforcements.

The Cyprus-based battalion, considered the "Extremely High

Readiness Reserve battalion," will deploy to Iraq to join Multinational Division (Southeast), Hoon said.

The division, led by the British, includes troops from Italy, Norway, Romania, Denmark, the Netherlands, the Czech Republic, Portugal and Lithuania.

Hoon said Britain's principal role in Iraq is to help provide security conditions for reconstruction and political development.

"We are focused on developing the capability and capacity of the Iraqi security forces," he said, noting that 115,000 Iraqi

security personnel are now trained, equipped and operating across Iraq, he said.

During a late December visit to Baghdad, British Prime Minister Tony Blair stressed the importance of supporting the interim Iraqi government and the Iraqi people with the approach of their Jan. 30 elections.

Blair called members of the Iraqi Electoral Commission "the heroes of the new Iraq that is being created," noting that they "are risking their lives every day in order to make sure that the people of Iraq get a chance to decide their own destiny."

screened. Beyond that, other checkpoints will set up. "MNFI may be involved in the outer cordon and as a quick-reaction force," the official said.

The commission has asked that coalition forces play a greater role in Ninewa and Anbar provinces.

Iraqi officials are looking at a number of emergency provisions to help the election be successful. These include declaring a three-day public holiday centered around the elections, closing schools from Jan. 17 to Feb. 1, restricting vehicle movement around polling centers due to the threat from vehicle-borne bombs, limiting pedestrians in polling

areas, and so on. Some of these provisions already have been agreed to; others are under discussion.

After the election, the votes will be counted and the National Assembly will convene at the end of February.

Employees request leave donations

Staff report

Several Fort Riley employees are experiencing a personal or family medical emergency and are facing a period of more than 24 hours of Leave Without Pay (LWOP).

The following individuals have requested their names be released in order that they may receive donated leave:

- Helen Sample, MEDDAC, control number CPACLT0504
- Geraldine Wang, MEDDAC,

CPACLT1004

- Carolyn Tolliver-Lee, DCA, CPACLT1304

- Norvilla Baldwin, DMWR, CPACLT1804

- Veronica Johnson, PW, CPA-CLT2004

- Alixandra DeGuzman, SWCPOC, CPACLT2104

- Jessica Griffin, AG, CPA-CLT2204

- Arnaldo Valdemar, DOL, CPACLT2304

- Tom Diehl, DPTM, CPA-CLT2604

- Toiane Taylor, DCA, CPA-CLT2504

To donate annual leave to any of the individuals listed, employees must complete OPM Form 630-A. This form is located on the CPAC Intranet Web site under "Forms." Completed forms should be forwarded to Deborah Coulthard. For more information on leave donation procedures, employees should contact their activity's administrative point of contact or Coulthard at 239-3171.

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Post news in brief

Directorate sets training classes

Following are training classes scheduled by the Directorate of Environment and Safety during February:

Environmental Team Training: Environmental Team training certifies environmental team leaders and members in how to handle hazardous materials and waste handling and spill responses at the unit level. Leaders and team members must attend this course within 60 days of appointment to their duties.

Class begins at 9 a.m. each day, Feb. 14-15, in Room 6 of Building 407. The course lasts two days.

Environmental Team Training Refresher: Annual refresher to the Environmental Team Training.

Class starts at 9 a.m. Feb. 23 in Room 6 of Building 407. The class lasts 2 1/2 hours.

Battery Hazard Awareness Training (Code Name Lithium): The Code Name Lithium course is designed for key personnel who in their course of duty receive, store, issue and then transport lithium batteries for disposal. This course includes training on the characteristics and hazards associated with the various types of lithium batteries used on Fort Riley. This course also includes training on health, safety and personal protective equipment. This class is highly recommended by the Communications and Electronics Command (CECOM).

Class starts at 10 a.m. every Wednesday in February in Building 1930 at Camp Funston.

Duration: 1 hour

For more information or to enroll in a class, call 239-0446 or check with the battalion schools noncommissioned officer.

New weapons carrier reaches battle faster

By Donna Miles
AFPS

WASHINGTON — A new weapons carrier that has already proven itself under fire in Iraq will give ground troops a more mobile platform for firing rockets and missiles when it's fielded to operational units beginning this spring.

The new High Mobility Artillery Rocket System, known by the acronym HIMARS, can roll onto an Air Force C-130 transport aircraft. Army Lt. Col. Darryl Colvin, product manager for field artillery launchers at Redstone Arsenal, Ala., said this capability will give joint expeditionary forces "a very lethal, very deployable system" that's also

highly maneuverable on the battlefield.

HIMARS replaces the 1981-vintage M-270 tracked launch vehicle that was generally transported by ship and "took time to get to the fight," Colvin said. The only transport aircraft able to carry that launcher were Air Force C-141s and C-5s, neither of which shares the C-130's ability to land on short, unimproved runways.

During tests on the new lightweight, wheeled HIMARS, troops demonstrated a capability unimaginable with the older launch vehicle. They flew to Fort Sill, Okla., landed on a dirt runway, and then, within 15 minutes, they offloaded, set up and prepared to receive a fire mission.

Enabling troops to quickly set

up, execute a fire mission and then move away from their launch site reduces the risk of a counter-attack, Colvin said.

In addition to its deployability, the new system offers its three-person crews the ability to fire global positioning system-aided munitions, minimizing collateral damage. Colvin said HIMARS will also carry multiple-launch rockets and the Army Tactical Missile System. It will fire at ranges between eight and 300 kilometers, depending on the munitions used.

The new system will give troops more capability to operate on a "very dynamic, fast-flowing battlefield," he said.

Three prototypes of the HIMARS were "very successful" and "never missed a mission" when put to the test in Iraq with the 18th Airborne Corps' 3rd Battalion, 27th Field Artillery, Colvin said.

Bacteria continued from page 1

added that the infection might require a higher level of amputation if allowed to brew, the paper reported.

Acinetobacter is a common type of bacteria found in many places in the environment, including water, soil and sewage, according to information provided collectively by several U.S. health agencies.

The bacteria can contaminate wounds at the time of injury and can be spread by person-to-person contact or contact with contaminated surfaces in healthcare settings.

No new infections have been diagnosed at IACH, Vento said. The types of Acinetobacter infections that arrived at IACH and

that have been treated at Fort Riley have responded well to antibiotics, Vento said. IACH uses lab tests to determine which antibiotics to use so that the bacteria cannot build an immunity to them, he added.

Some infections do not even require antibiotics, he said. "If we see the wound healing satisfactorily, antibiotics are not prescribed."

Visitors to patients with the infections should not be overly concerned, Vento assured.

Washing hands thoroughly and washing contaminated clothing in normal warm or hot water wash cycles in a home clothes washer should eliminate the bacteria, the health agencies reported.



The High Mobility Artillery Rocket System fires the Army's new guided Multiple Launch Rocket System during testing at White Sands Missile Range, N.M. U.S. Army photo

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Commentary

Friday, January 21, 2005

Fort Riley Post

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Riley Roundtable

This week's question:

What is the biggest problem or unsatisfactory situation single Soldiers at Fort Riley face in their everyday lives?



"It's just the barracks. There is no privacy. There are four people in each room."

Spc. Jean N. Dorleus
Combat Engineer
1st Engineer Battalion
Home: Brooklyn, N.Y.



"Not having a kitchen in my barracks is a huge problem, especially when it is too cold to go out to the dining facility."

Pvt. Tiffany N. Pierce
Logistical specialist
172nd Chemical Company
Home: Jersey City, N.J.



"I think it would be dealing with finances and getting overextended."

Spc. Matthew J. Nordyke
Infantryman
1st Battalion, 16th Infantry
Home: Corvallis, Ore.



"Married Soldiers get special treatment. When we have to stay late, married Soldiers can't because they have to pick up their kids. Single Soldiers always have to stay late."

Spc. Eddika S. Foster
Truckdriver
541st Maintenance Battalion
Home: Gaffney, S.C.



"I think the barracks rooms are too small. The showers are too small also. In Korea, our rooms were twice as big."

Spc. Daniel Decker
Radio repair specialist
596th Signal Company
Home: Kilgore, Texas

Next week's question:

If you left the Army tomorrow, what would be your fondest and worst memories of your time in service?

Opinions may be e-mailed to the editor at mike.heronemus@riley.army.mil or faxed to the editor at 239-2592. Opinions must reach the editor by close of business Tuesdays to appear in the following Friday's paper.

Making the world a better place Resolutions should include recycling

By Jill Dalton

Recycle/Solid Waste
Program Coordinator



Jill Dalton

Trash and recycle collection is back up to full throttle with the recent return of deployed Soldiers and their families to the Fort Riley community. Many are readjusting to life at Fort Riley, and part of that readjustment is remembering to recycle. Recycling is something we can do at home, work and school. In 2004, America Recycles Day, Inc. renamed their annual campaign to "America Recycles" as a way to encourage Americans to make recycling a year-round activity, moving beyond the traditional Nov. 15 celebration. A recent press release from America Recycles Day, Inc. explains the change.

"We have identified ourselves as America Recycles Day since we started," said Kate Krebs of the National Recycling Coalition. "This change represents a logical evolution for us. We've been

program and that required a broader designation."

The new theme the group is now using, "It All Comes Back To You," presents an intentional multiple meaning. One interpretation is that a recycled product or material can return to consumers as another new product. A second is that recycling comes back to consumers as improved environment, preservation of resources and economic well-being of the country. A third meaning is the implication that it is up to everyone to recycle.

very successful at getting the nation to rally around one day a year to celebrate and commit to recycling and buying recycled products. Our new goal is to make it a year-round program and that required a broader designation."

"Recycling still gets down to one person taking action," Krebs continued. "And we know motivations to recycle vary from one person to another. For some it's the environment. Others just see recycling as a civic responsibility. Our new theme line appeals to several of the motivations and will hopefully strike a responsive chord with millions of Americans."

If you are not recycling at Fort Riley, start today. Bottle by bottle or can by can, make recycling part of your daily routine.

The Fort Riley Recycle Center makes recycling easy by providing residents curbside collection service for pickup of recyclables and yard waste. Residents are reminded to place their recyclables in the blue bags on the curb for pickup during regular refuse collection days. Bags containing yard waste (grass clippings and leaves) should weigh no more than 40 pounds and should be easy to handle.

The blue bags are readily available through self-help at no charge to Fort Riley residents. The blue bags should be used to dispose of all standard household recyclables such as plastic bottles and jars of all colors and sizes (examples include beverage bottles, condiment bottles, milk jugs, laundry detergent containers and shampoo bottles), glass bottles and jars (clear, green and amber), aluminum cans, steel food cans, newspaper, white paper (this does not include yellow sticky tabs or envelopes with plastic windows), magazines, catalogues and corrugated cardboard (this includes brown paper bags but does not include paper bags commonly used for packaging crackers, cereal and beverage cartons).

The recyclable paper products (brown paper bags, white paper, newspaper, magazines and catalogues) can be bagged or tied separately and placed next to the blue bags. For more information about recycling on Fort Riley, contact the Recycle/Solid Waste Program coordinator at 239-2385.

Letters to the editor

Staff sergeant corrects story's account

My wife sent me an article from the Fort Riley Post (MP company deploys to Iraq again). It was written by J.D. Hardesty and appeared in the Oct. 22 edition. When I read it, I was disturbed to see a quote from a staff sergeant, which read: "This is the first time I will be asked to do my job and serve my country."

The first time? Really? How could that be possible? I could not understand how a staff sergeant could say such a thing, especially in a public forum. When I read it, it upset me. In fact, it made me angry. That staff sergeant was me, and that is not what I said.

After reading the article, my first reaction was to write an immediate letter to the editor, but I decided to wait and cool off. Now, later, I am still as angry as I was when I read it. So Mr. Hardesty, here's a letter setting

the record straight.

What I said was this: "I'm looking forward to doing my job and serving my country." I also said this was my first time going to Iraq. You made a huge assumption and changed what I said. You tainted my military service. You embarrassed me in a public forum. I cannot believe you printed that and put my name next to it. I thought accuracy was at the top of the list in journalism.

I have deployed to Honduras, Guatemala, Haiti, Guam and now Iraq. That makes this the fifth time I have been asked to do my job, although that is still a very inaccurate thing to say. I guess that's just the way you see it, Mr. Hardesty. I do not need to be asked to do my job. I do it every day.

Staff Sgt. Paul Cormier
977th MP Company
Camp Ashraf, Iraq

Editor's note: STAFF SGT.

Cormier, thanks for setting the record straight. I reread the article and the comment came immediately after a paragraph stating that the deployment to Iraq would be your first in that country.

try.

I agree the following quote does not specify that it's the first time you've been called to serve your country in that location, and it certainly should have.

Grunt By Wayne Udden



Helpful hints for having a baby

With deployments, extended work schedules and frequent moves, a new baby in the family brings big change and new challenges. Many parents are surprised at how much extra work a tiny infant can create.

With the addition of a new baby to the family, the pattern of your life at home will change dramatically, and there is no manual for all the things you're likely to encounter.

Try fitting that in with your Army duties.

The pleasures of parenting far outweigh the pains. It can be a struggle and hard work, but getting to know a new child and watching him or her grow and mature under your care will probably be one of the most rewarding experiences you'll ever have.

Army One Source offers an audio program called "Becoming

a Parent" to help you with the adjustment. This 48-minute recording is available free to you just by calling Army One Source or ordering online.

The Becoming a Parent audio program features new and expectant parents discussing the adjustment to parenthood.

These busy working moms and dads talk about making the decision to start a family, pregnancy and work, adopting a child, the child care challenge, shifting priorities and the trade offs and challenges new parents face every day.

The recording complements the information in the Becoming a Parent booklet also available by calling or ordering online.

For more information, log on to www.armyonesource.com or call Army One Source at (800) 464-8107.

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What are your concerns or suggestions for improvement?

Your name (optional) and phone number (if you would like to talk about your ideas):

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Post news in brief

Programs offer team building

Three Army Family Team Building classes will be offered at the Armed Services YMCA, 111 E. 16th St., Junction City, from 11 a.m. to 2 p.m. Jan. 21. Classes will be "Family Readiness Groups," "Leadership Skills" and "Building a Cohesive Team."

Four classes are scheduled for Feb. 4. Those classes will be "Family and Military Expectations," "Impact of the Mission on the Family Life," "Basic Problem Solving" and "Supporting Your Child's Education."

Advanced AFTB classes scheduled for 6:30 to 8:30 p.m. Jan. 26 at the Soldier and Family Support Center will be "Problem Solving Techniques for Leaders" and "Leadership Skills."

Two advanced classes are scheduled for Feb. 2. Those classes will be "Management Skills: Understanding Needs" and "Management Skills: Group Dynamics."

For more information about classes at the ASYMCA and the Soldier and Family Support Center, call the Soldier and Family Support Center at 239-9435.

3rd Brigade earns award

The 3rd Brigade Combat Team, commanded by Col. David Bishop, will receive the Valorous Unit Award from Brig. Gen. Michael S. Tucker, assistant division commander for maneuver, 1st Armored Division, during a ceremony at 11 a.m. Jan. 21 at Craig Fitness Center on Custer Hill.

The brigade earned the award for its heroic actions in support of Operation Iraqi Freedom.

Sometimes, fight follows them home

Soldiers, family members might find themselves in emotional struggle

By Jamie Bender
19th PAD

Today's Army is at war. Soldiers leave home for up to a year to enter high-risk combat zones, such as Iraq and Afghanistan, to do what they have trained to do since joining the Army.

When deployed, those Soldiers don't fight alone.

When Soldiers come home, what he or she experienced in war or what he or she finds at home may result in a new emotional or mental war that the Soldier feels he must fight alone.

However, there is an Army of friends, fellow Soldiers and professionals at Fort Riley to help Soldiers win those very personal battles.

The families who stay at home are warriors of a different sort. They fight the stress of taking care of the children, the bills, the home and the dozens of issues that come with being married to a Soldier at war.

A yearlong deployment can seem to take forever with the pressure of keeping things going while not knowing the welfare of their Soldier. Sometimes that pressure may feel like too much to bear.

They, too, don't have to fight their war alone.

Spousal suicidal ideations have risen at Fort Riley, said Bill Powers, Soldier and Family Support Center chief. An ideation is an expression or thought that professionals consider a hint that the person might attempt to commit suicide.

"We really don't know what the numbers mean right now," Powers said. "What we do know is that there is more awareness of it and that's a very positive thing."

"It's a good thing that we are catching more attempts and gestures," said Nicole Sizemore, Soldier risk readiness coordinator. "I think it means that we are more sensitive and more aware of the signs and symptoms and the factors that lead someone to those types of thoughts."

About series

This is the first article in a three-part series about the potential for suicide taking place on Fort Riley and the efforts being made to reduce those incidences. This article deals with a statistical rise in suicide ideations. The second article deals with available treatment for Soldiers and family members professionals deem to be a suicide threat. The third article explains how special training available to some people at Fort Riley can help leaders reduce actual suicides.

Treatment for family members

- **Should a spouse or family member of a Fort Riley Soldier living on post seek treatment through Irwin Army Community Hospital's Behavioral Medicine (Community Mental Health) or emergency department or through Army One Source, they will be referred, if the need is found, to a civilian hospital.**
- **Should the spouse or family member live off-post and goes to a civilian emergency department or seeks care with a civilian provider (network sources), the first seven visits are covered without requiring referral.**
- **Should a spouse or family member attempt suicide and goes to either IACH's emergency department or a civilian one, depending again on where they live, they will be referred to a civilian hospital for inpatient care.**
- **Those who go to the IACH emergency department will be evaluated by the Community Mental Health staff before being admitted to a civilian hospital. TRICARE will cover costs.**

Source: IACH Public Affairs

The rise in identified ideations may not mean that there are more attempts or gestures, but that more people are aware of them.

"There is more command emphasis, which in turn is pushing for us to be more trained and have more people trained," said Santos Bonilla, Family Advocacy Program manager. "In many ways it is a positive thing. In turn it raises the stats, but it means that we have more help out there and we have more awareness."

Powers said he thinks that people are more willing to talk about suicidal feelings than they were in the past. He attributes that willingness to the current command climate.

"It's OK to talk about this and there aren't going to be any nega-

tive repercussions because we are going to try to help you," he said.

Ted Freeman of Fort Riley's prevention services agreed that the rise in the number of identified suicide ideations may be a result of more awareness.

Fort Riley instituted a training program, Applied Suicide Intervention Skills Training, to help people on post identify those who may be considering suicide as an option to escape stresses that can seem overwhelming to them.

"I think that there is a focus and more sensitivity about what is happening militarily," Freeman said. "That's why the training came about. Once people are trained to observe, we are going to be able to identify it. Not that there will be any more or less, but

Want help?

If you or a "battle buddy," family member or friend is having suicidal thoughts or might be a high-risk candidate to contemplate suicide, do something to help.

On post, call:

- **The military police – 239-6767**
- **Irwin Army Community Hospital emergency services – 239-7777 or 239-7778**
- **Social Work Service – 239-7291**
- **Chaplain Help Line – 239-4357**
- **Your unit commander, command sergeant major or first sergeant**

Off post, call:

- **911 for local law and health authorities**
- **Crisis Center Hotline – (800) 727-2785**
- **Army One Source – (800) 464-8107**

that we are aware of more."

"ASIST is like CPR for someone who has a heart attack," Sizemore said. "It teaches people what to say In the past, people may have been afraid to ask a question like, 'Are you going to commit suicide?' With almost 200 people trained (as "Gatekeepers"), it tells them that it's OK to ask the question."

With more people trained to recognize those who may be considering suicide - seven certified ASIST train-the-trainers and almost 200 "Gatekeepers" - there is a better chance of preventing suicide at Fort Riley, Bonilla said.

"At one time it used to be just the professionals who were aware of suicide," he said. "I think now the command is pushing it down

to the levels where (junior enlisted) can be more aware of what to look for, signs and symptoms and also what to do."

More tools also are available to commanders and first sergeants to help them identify someone who is at risk. The well being checklist is one of these tools.

"These tools help to sensitize the command," Sizemore said. "If you don't ask questions, you never know. Those questions can sometimes help find high-risk indicators. There are a lot more lifeguards on the side of the river now. Your chances of going down the river without getting detected are minimal."

While Fort Riley has increased the number of its people trained to recognize suicidal statements or actions, it is still up to the professionals to diagnose and treat those persons. While leaders are becoming trained to be more aware of suicide risks and of the seriousness of ideations, they are not trained to evaluate the person, Freeman said. All threats must be taken seriously.

"Whether it's a gesture or just a thought, you can't discern that, so we are trying to get more proactive," said Pearl Spears, Army Community Service manager. Anytime anyone says something that indicates they want to hurt themselves, friends, neighbors or casual acquaintances have a number of professional people to contact. Those professionals can determine whether the suicide utterance should result in professional help, she said.

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Army adopts NASCAR idea for helicopters

Mylar windshield tear-offs protecting Black Hawk windshields from sand, other debris

By Stefanie A. Gardin

Army News Service

WASHINGTON — NASCAR windshield tear-offs will soon provide Army helicopters an extra layer of protection from sand, rocks and debris thanks to two National Guard Soldiers.

Sgt. 1st Class Paul Kagi and Sgt. Michael Mullen, Virginia Army Guard helicopter mechanics, submitted the idea to use windshield tear-offs to the Army Suggestion Program after discussing the idea at a Christmas party five years ago.

Their unit went to the National Training Center, Fort Irwin, Calif., with brand new helicopters. However, when they came back, they had to replace about 80 percent of the windshields due to sand damage.

"Sand will eat up a glass window. It gets so pitted you can't even see out of it," said Kagi, "that's where Sgt. Mullen got the idea. He said, hey, they put tear-offs on racecars at Daytona and Texas for that very reason - to pro-



tect them from sand and debris."

Kagi did some homework, researching tangible cost savings for the tear-offs, and the idea was submitted through the Army Suggestion Program channels for evaluation.

Eventually, the aviation team at the Aviation and Missile Research Development & Engineering Center, Redstone Arsenal, Ala., together with the Defense Logistics Agency, picked up the idea and funded all the testing.

"In order to put anything on a helicopter, we have to do a lot of testing on it because if a heli-

copter doesn't work, it crashes - and that's bad news," said Doug Felker, Reliability, Availability and Maintainability team leader at AMRDEC.

Felker and team put the windshield tear-offs through a series of environmental testing and visibility testing with the naked eye and night vision goggles.

They also flight-tested the tear-offs on an aircraft in California in a brownout condition, where the aircraft purposely flies into a dust and sand environment, said Ken Bowie, RAM team member.

"The material has met or exceeded our expectations on all the tests at this point," said Bowie, "that is how we got our airworthiness release."

An Army airworthiness release is similar to its civilian counterpart, FAA approval. Any aircraft modifications must have this release before going into effect.

So far, the RAM team has received approval for a single-layer tear-off sheet for the Black Hawk only, but it is working to get approval for the other aviation platforms: the Kiowa, Apache and



ANS/Hough

The windshield tear-off is being applied to a Black Hawk helicopter by Steve Fricker of United Protective Technologies at Fort Eustis, Va.

Chinook, as well.

"Tear-offs are simple solutions to a tactical problem," said Bowie. "The problem is operating in a sandy, dusty environment."

The tear-offs are clear pieces of Mylar seven millimeters thick that are molded to the shape of the windshield.

not the windshield. Instead of replacing the windshield, which is timely and costly, the Mylar can be torn off, and the aircraft can move on.

"We want the Mylar to fail," said Felker. "As long as the Mylar receives all of the damage, the windshield's life is prolonged. Right now there is an acute shortage of windshields, and those windshields aren't cheap."

Current predictions estimate the life of one tear-off to be about six months.

As long as the tear-off is not hit by something it won't handle, like bullets, and a fresh piece of Mylar is kept on it, the windshield should last forever, said Bowie.

"Tear-offs will save the Army repair, increase readiness and save a great deal of money in both material and maintenance costs," Felker said.

Cash awards are paid for ideas adopted that were submitted through the Army Suggestion Program.

The amount is based on tangible cost savings with a maximum award of \$25,000.

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Museum staff moves archives

Grad student hired to help

By Jay Baker
Staff writer

The keepers of history at the U.S. Cavalry Museum moved the museum library archives to Building 263 on Cameron Avenue in early January.

Museum Curator Bill McKale also hired Shannon Schwaller, a history graduate student at Kansas State University, as a museum technician last fall to help move the archives.

The archives include historical documents, videos and photographs of military units including 1st Infantry Division, 7th U.S. Cavalry, 10th U.S. Cavalry and 11th U.S. Cavalry as well as general military history.

"Years ago the archives were in the Regimental Museum (Building 207 on Custer Avenue). Then they were moved to Building 261," McKale said.

The rooms in Building 263 are bigger and create a better library setting, Schwaller said.

"I have not had time to read all the things still coming in, but it looks pretty neat. I've seen field manuals from the 1930s and 1940s in here. We have a personal

journal of Col. Selah "Tommy" Tompkins, photos from the early 1900s and books on the Buffalo Soldiers. We will have computers set up with a searchable database and a couple of work areas," Schwaller said. He gave no time frame for that addition to the archives' resources.

"This setting is especially interesting for the cavalry museum because the building use to be a horse stable around the 1800s," Schwaller said.

Schwaller is in the process of categorizing the documents, but the museum library is open for public use.

In the past, Soldiers have used the library's resources to study for promotion boards and graduate students have used it for research on military subjects, McKale said.

Both men said Soldiers sometimes use the cavalry history books and videotaped after-action reviews for their professional development.

Schwaller is available to assist Soldiers and researchers with archived information from 8 a.m. to 4:30 p.m. Monday-Friday.

He can be reached by phone at 239-8234.



Grad student
Shannon
Schwaller



Post/Baker

Pfc. Hector Garcia helps arrange archive material on shelves at their new location in Building 263 on Cameron Avenue on Main Post.

Training continues for Ready Reserve

Several factors contribute to slow return to active duty

By Carmen Slaybaugh
Army News Service

WASHINGTON - More than 1,100 Reservists have transitioned back to active duty as part of an Individual Ready Reserve call-up that started in August 2004.

"At the start of this mission, I was told that we would receive about 4,440 IRR Soldiers at Fort Jackson (S.C.) alone," said Task Force Marshall Commander Lt. Col. Douglas Snyder. The total number of IRR Soldiers recalled was more than 5,600.

The initial projections were for Reservists to complete the first phase of retraining at the South Carolina National Guard's McCrady Training Center by December.

Snyder said the delay in meeting that goal resulted from a combination of reasons.

"HRC (Human Resource Command)-St. Louis has been very good - some say sympathetic - about listening to Soldiers' family, job and personal issues," Snyder said.

This resulted in amending orders and pushing back report dates.

Many other orders were revoked because of the lack of a family care plan or because the Soldier was found to be non-

deployable because of health issues.

Snyder said HRC-St. Louis directed IRR Soldiers to not report between Nov. 14 and Jan. 1 to prevent them from reporting for training over Thanksgiving, Christmas or New Year holidays.

Snyder said he was not sure what impact the delays and exemptions will have on their final numbers.

Another vital factor of the training, Snyder said, is the constant improvement and refinement of the overall program.

"We constantly turn to the Center for Army Lessons Learned at Fort Leavenworth (Kan.) and obtain the latest updates from them on tactics being used by the (Iraqi and Afghani) insurgents; and countermeasures and tactics being used by coalition forces against the insurgents," Snyder said.

The convoy operations training, how to react in an ambush and recognizing an improvised explosive device are three of the warrior tasks constantly being reviewed, ensuring they reflect the realities of the current combat environment.

The call-up is the first large-scale use of the IRR since 20,777 Soldiers were mobilized during the 1991 Gulf War.

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Post news in brief

Library stocks recommended military reading

The U.S. Army chief of staff's 2004 professional reading list materials are available to Soldiers at the Fort Riley Post Library.

Each year the chief of staff compiles a list of recommended reading materials for Soldiers ranging in rank from privates to senior officers. The readings are chosen to develop military professionals through knowledge of military history and strategy, as well as development of personal leadership skills.

New recommendations will become available as they are received.

The military collection at the library includes books about military strategy, global and American history and biographies of military and political leaders.

The Post Library is located on Custer Hill in Building 5306. Hours are 11 a.m. to 6 p.m. Tuesday through Saturday and noon to 5 p.m. Sunday.

For more information, call 239-5305.

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Custer Hill roundabout opens

Project design aimed at speeding traffic flow, reducing accident chances

Staff report

The new roundabout on Custer Hill opened in December. Modern roundabouts are traffic control devices with the primary function of controlling traffic movement through an intersection.

Only two other modern roundabouts can be found in the Fort Riley region. Both are located in Manhattan.

"Modern roundabouts are not those big old, high-speed traffic circles built years ago in Paris, London, Washington, D.C., and other major cities. Those circles were designed for high-speed entry and multi-lane weaving – a dangerous combination. The potential for serious accidents is high in traffic circles and subsequently, most generally have high accident rates," said Larry McGee, director of Public Works.

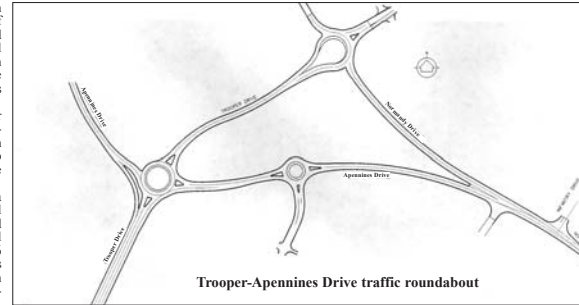
"A roundabout is a low-speed merge point that gives drivers decision-making time to enter the flow of traffic in a safe manner. Operators should yield to others already in the roundabout," McGee said.

"Research shows that a modern roundabout is the safest form of intersection control available and the most efficient traffic control device that exists today, based on overall vehicle delay and queue length (number of vehicles backed up)," he said.

The Insurance Institute for Highway Safety studied 24 intersections that were converted from stop sign control and signals to modern roundabouts during the past decade.

These 24 intersections were a mix of urban, suburban and rural environments. The study found reductions of 39 percent for all accident severities combined, 76 percent for all injury accidents and about a 90 percent reduction in fatal and incapacity injury accidents.

"There are two basic premises on which modern roundabouts achieve accident reductions of 50 to 90 percent when compared to two- and four-way stop control and signalized intersections. The first premise is the simple decision making combined with the low level of conflict points. A



Trooper-Apennines Drive traffic roundabout

conflict point is defined as any point in an intersection where one vehicle has the chance of physically colliding with another vehicle," said Michael Wallwork, a professional engineer, in Alternate Street Design, P.A., the July 15, 2004.

"At a four-way intersection,

there are 32 possible conflict points between vehicles and only eight at roundabouts. If you eliminate a conflict point, you eliminate how two vehicles could collide with each other," according to Wallwork.

"The second premise is that low speed means that if a driver

makes a mistake, it is easy to stop at a low speed or at least the impact is relatively minor. Whereas signalized intersections have high-speed right angle and left turn accidents, and many others, accidents at roundabouts are primarily rear end or low speed merge accidents," he said.

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Fort Riley Community Life

Friday, January 21, 2005

America's Warfighting Center

Page 11

Community news briefly

FRMS plans 'Souper Bowl'

Fort Riley Middle School invites parents to attend its "Souper Bowl" from 4 to 6 p.m., Jan. 24. The event offers parents and students an opportunity to learn about second semester electives and how parents can help their children prepare for the upcoming Kansas assessment tests.

The event includes presentation of a School of Excellence banner the school earned, recognition of student writing achievements, a band concert and a chili dinner.

Commissary to cook teriyaki

For commissary patrons who want to learn how to prepare teriyaki from beginning to end and then sample the results, the commissary staff is hosting a demonstration and class beginning at 10 a.m. Jan. 28 in the front door lobby area.

Schools offer parenting class

The six-session "Becoming a Love and Logic Parent" course has been scheduled for 6:30 to 8:30 p.m., Mondays beginning Jan. 24 in the First Presbyterian Church, 113 W. Fifth St. in Junction City.

Other classes are scheduled for Jan. 31 and Feb. 7, 14, 21 and 28. A spring course is scheduled for April 4 through May 9 and a summer session is scheduled for Mondays and Thursdays each week June 6-23.

The course is sponsored by Geary County Unified School District 475 as a way to help parents learn new ways to make parenting more fun and less stressful, according to a flier advertising the course.

Registrations for the upcoming course will be accepted until Jan. 24. To register, call 717-4021.

Long pool hosts Family Night

Family Fun Night is scheduled for 7 to 10 p.m. Jan. 28, Feb. 4, Feb. 18, March 4, March 18, April 8 and April 22 at the Long Fitness Center pool, Building 8069 on Custer Hill. Cost is \$5 per family, \$1 per guest, passes not included.

The nights include music and an inflatable obstacle course. For more information, call 239-5888.

Talk to address child behavior

Lee Stickle, the autism coordinator from the Neurological Disability Support Project, Department of Special Education, will be speaking and be available at the Soldier and Family Support Center from 6:30 to 8:30 Feb. 3.

She will provide an overview about the autism spectrum, how to deal with challenging acting out behaviors, how to prevent interrupting acting out behaviors and how to learn effectively communication parenting skills while another parent is deployed. Stickle will emphasize the importance of positive redirection and ways to replace unsafe behaviors with positive behaviors.

Those wishing to attend should RSVP to the Exceptional Family Member Program office at 239-9435 by Jan. 24. Limited childcare services will be available.

Post celebrates King's birthday

By April Blackmon
Staff writer

The Fort Riley community gathered to honor the birthday and life of Dr. Martin Luther King Jr. Jan. 13. This year's theme was, "Remember! Celebrate! Act! A day on, not a day off."

Deric Gilliard, a former Army family member who grew up on Fort Riley, spoke of civil rights activists in the Dr. Martin Luther King Jr. movement and how the movement affected his life.

Gilliard wrote for the Atlanta

Daily World, Time Magazine and USA Today. Later, he went to work as national communications director for the Southern Christian Leadership Conference, the organization co-founded by King in 1957.

Gilliard also spoke of the Conference and how its mission changed America.

"This group of mostly Southern Baptist ministers met in 1957 because they wanted to find a way to challenge America to live up to the true meaning of its creed that all men are created equal ... They came up with a methodology

which was nonviolent," Gilliard said.

King's nonviolent methods changed the nation, said Medical Department Activity Command Sgt. Maj. Kevin Stuart, who read a poem titled "Stand Tall," by Jamie McKenzie, and also spoke at the observance.

"He knew that one day we could become a vibrant and global and multicultural nation, united with compassion and dignity and reconciliation," he said. "Let's remember that this man, Dr. King, sacrificed his life for the good of this nation."



Guest speaker Deric Gilliard talks about the Dr. Martin Luther King Jr. movement.

Post Blackmon

Mommy 'n' Me

Pool offers moms, tots time to play

By April Blackmon
Staff writer

Mothers and small children looking for "Mommy and Me" time can find it every Tuesday morning at Fort Riley's Long Fitness Center pool.

A program started recently by the Directorate of Morale, Welfare and Recreation, the first "Mommy and Me" day was Jan. 11. Bitter cold temperatures and leftover ice from a recent storm didn't put the skids on 19 mothers and their infants and toddlers enjoying a few hours of swimming and playing.

"Even with the weather conditions, we still had a great turnout," said Hedy Noveroske, swimming program director.

The "Mommy and Me" program offers parents and children up to 5 years old the opportunity to enjoy the swimming pool with other parents and children of similar ages, Noveroske said.

"It's social time for parents and their younger children to come to the pool, have a good time and get to meet other mommies and playmates," she said. "I started this program to get parents and children out of the house and into a social, fun and informative environment."

"She loved it. She had a great time. She just likes being in the water," said Traci Turner about her 16-month-old daughter, Haley. "I had a blast, too. It was nice to get out, to meet other moms, other kids and to have some activities," Traci said.

"It's nice to have the interaction with other kids of similar ages," said Nikki Burks, who brought her 2-year-old daughter, Katie. "And it's nice to have one-on-one time with Katie."

It's "less crazy" than at (Eyster) swimming pool where people of all ages are playing, said Laura Saine, who took her 21-month-old daughter, Joy.

"Mommy and Me" also helps give young children some experience in the water.

"This program also offers water safety tips along with some tips on how to handle your infant or toddler in the water," Noveroske said.

See Pool, Page 13



Jean Graves helps her 14-month-old son, Baker, practice his kicking skills at Long pool.



Joy Saine and her mother, Laura, enjoy "Mommie and Me" time with other mothers and toddlers.

Scout earns 'Eagle'

Youth makes highest rank

By Jay Baker
Public Affairs intern

Soldiers display their well-earned awards on their chest. Seventeen-year-old Andrew Van Cleave, son of Staff Sgt. Vincent Van Cleave of 1st Brigade, 1st Infantry Division, and a sophomore at Junction City High School will do the same. Andrew, a member of Boy Scout Troop 460 in Milford, received his Eagle Scout rank in a ceremony Jan. 17.

To earn that rank, the highest in Scouting, a Boy Scout must fulfill requirements in the areas of leadership, service and outdoor skills, including a final service project. A Scout must earn 21 merit badges to advance from Tenderfoot to Eagle Scout and the process might take as long as 10 years. Andrew earned 30 merit badges in seven years, averaging two per summer at camp and two during each school year, he said.

Few Boy Scout earn the Eagle rank. Scouting boasts it has more than 55,000 active members in the United States, but only about two percent advance to Eagle Scout. Van Cleave has been in Scouting since he was nine. To remain active in Scouting, a boy must find a troop near his home and participate in their outings. Although his dad is in the Army, Andrew has been able to remain active. He even found a troop while his family lived in Germany.

Van Cleave completed his Eagle Scout service project in April 2004 but postponed his ceremony until his dad returned from Iraq. For his project, Van Cleave chose to clean up a cemetery.

"I chose to clean up the cemetery because our troop used to help the cemetery caretaker clean up the grounds. When he got too old, I thought it would be a good idea to do the job ourselves," he said.

Van Cleave worked with 42 other volunteers clearing and brushing headstones and picking up trash on the grounds of the Milford Shenck Branscom Cemetery. The cemetery has very old headstones that were moved there in the 1950s, said Kimberly Van Cleave, Andrew's mother. Some stones were not kept up because families have moved away or died. Erosion and flooding made other stones unrecognizable, she said.

"I organized everything from the supplies, food, water and timeline to complete the project. It took about a month to coordinate everything and a day to complete the project," Van Cleave said.

Taking on this type of leadership responsibility is a requirement for the Eagle Scout rank.

See Scout, Page 13



Community news briefly

Spouses' club seeks nominees

The Officers' and Civilians' Spouses' Club is accepting nominees for elected and appointed board positions. Elected positions are the president, first vice president, second vice president, recording secretary, corresponding secretary and treasurer.

Appointed positions are community assistance, historian, hospitality, membership, parliamentary, Plain Talk newsletter, property manager, publicity, reservations, retiree representative, Shoppe manager, bookkeeper and liaison, ways and means, child care coordinator and Webmaster.

The slate for nominated elected officers will be presented to the general membership at the March 17 luncheon. Elections will take place at the April 21 luncheon, and installation of new officers will take place at the May 19 luncheon. For more information, visit the club's Web site at <http://www.fortrileyocsc.com> or send e-mail to fortrileyocsc@yahoo.com.

Spouses plan bowling event

Free bowling for all members of the Fort Riley Enlisted Spouses' Club will be available 6:30 to 8:30 p.m. Jan. 26 at Custer Hill Bowling Center.

The ESC serves the Fort Riley community and surrounding areas with volunteerism and charitable contributions. It also serves as a social outlet for active duty, reservist, retiree and widowed spouses of Soldiers in pay grades E-1 through E-9 who just want friendship and fun in a supportive atmosphere.

ESC meets once a month, usually at the Armed Services YMCA, 111 E. 16th St., in Junction City at 6:30 p.m.

Childcare is provided on-site for most events. Childcare reservations can be made by calling Christine Cochran at 223-0924 no later than two days before the event. Childcare fees are on a donation basis.

For more information, call Sherri Miller at (785) 770-9219.

Family type plays big role

Research links type to abuse, delinquency

By Amber Haag
Kansas State University

MANHATTAN — If you think that having two parents in the home — even if they aren't both the child's biological parents — is better for a child than a single-parent home, you could be wrong.

The widely held assumption that two parents are better than one is not necessarily true, according to research at Kansas State University.

Ryan Spohn, assistant professor of sociology, and Don Kurtz, graduate student in sociology, looked at the association between child abuse and serious delinquency/crime, two major social problems in America.

Examining a national survey of adolescents, families were divided into three groups: households with two biological parents, single-parent households with one biological parent and broken homes consisting of two parents where one of the parents is not a biological parent, such as a step-parent or live-in partner.

"It's like a stair-step," Spohn said. "Sexual abuse rates are lowest in homes with two biological parents. Rates are highest for broken homes with at least one non-biological parent in the household, while single-parent households fall in the middle. This is also true for physical abuse and delinquency rates."

"So it can actually be worse to have two parents in the household if one of those parents is not a biological parent," he said. "It can actually be the largest risk factor

for these social problems."

This research indicates that single-parent families are not necessarily harmful to social development and that single parents can provide a supportive family environment.

"So we're kind of getting away from the idea that single-parent families are the root of all evil and you always want to have two parents in the home," Spohn said. "It matters who those parents are."

Spohn said they found exposure to sexual abuse or physically abusive punishment increased delinquency.

Specifically, adolescents exposed to physically abusive punishment were about four times more likely to commit delinquent acts, and adolescents exposed to sexual abuse committed about three times more delinquent acts than those not exposed to these forms of abuse.

Spohn said one of the most interesting things they've found is that the impact of abuse on adolescents varies across the type of family.

"Within the intact families, we found that sexual abuse increased delinquency," Spohn said. "In the single parent homes, we found that physical abuse increased delinquency. In contrast, experiencing abuse within a family with a non-biological parent does not increase an adolescent's criminal involvement."

"If we think that experiencing abuse is going to be correlated with delinquent involvement, that's not the case with these broken families," Spohn said. "If you're in that family form — what we've found to be the worst case scenario as far as the form of the family — abuse doesn't increase your delinquency anymore," he said.



Commissary/Ruyle

Commissary wins award

(From left) Col. John Simpson, Fort Riley garrison commander, Thomas Curran of S&K Sales Corp., Lynnette McNeil, Commissary grocery manager and Mark Derby, store manager, enjoy the moment after Curran presented the Fort Riley Commissary with Del Monte Food's award for best small Commissary in the Midwest Jan. 16, at the Commissary. The award was presented for stores with the best displays promoting Star Kist tuna. Fort Riley's display was created by Cecilia Ruyle.

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Community news briefly

Library offers storytime

January storytimes start at 1:30 p.m. and are open to all children, free of charge. Parents must accompany children younger than 10.

The library now features an "Animal of the Month," display. January's display is "Mouse Tails" and is located near the patron computers.

The library has many children's books starring mouse characters from silly to serious. Many parents remember the classic animal stories of Beatrix Potter. New authors also draw on mouse characters, like Laura Numeroff's friendly little mouse in "If You Give A Mouse A Cookie." Older children will enjoy Beverly Cleary's "The Mouse and the Motorcycle" or Brian Jacques' fantasy series about the mouse hero "Redwall." The January display featuring a children's author contains the illustrated books of Chris Van Allsburg, author/illustrator of "The Polar Express."

The Fort Riley Post Library is in Building 5306 on Custer Hill. Hours are 11 a.m. to 6 p.m. Tuesday through Saturday, and noon to 5 p.m. on Sundays. The library is closed on Mondays.

For more information, call Victoria Martin at 239-9582.

DoD Web site links public, troops

Department of Defense

The Department of Defense launched a nationwide program called "America Supports You" Nov. 19. The program includes a Web site to showcase the many activities taking place across the nation in support of the troops.

The Web site highlights organizations and individuals coordinating local and national support efforts.

Individual citizens, businesses,

schools, veterans groups and others have visited the site at www.AmericaSupportsYou.mil to register their activities, send a message to the troops and identify programs of support in their own communities.

Allison Barber, deputy assistant secretary of defense for internal communications and public liaison, said DoD knew many of these programs existed, but "the America Supports You Web site has proven to be a useful tool in

helping to link people and programs, and more importantly, to share these stories of support with the people who need to hear them most - the men and women serving overseas. The feedback from our troops has been tremendous, just as the outpouring of support from the American people has been overwhelming."

Americans can join America Supports You by visiting the site and registering their activities in support of the troops. Everyone

who registers receives an official America Supports You dog tag that people can wear as a visible symbol of support for the troops.

The dog tags have been seen across the country, worn by celebrities, including Ellen DeGeneres and Wayne Newton, and by everyday citizens at national events, such as the Macy's Day Thanksgiving Parade, the Fiesta Bowl and the New Year's Eve Celebration in Times Square.

Barber suggests that business-

es, schools, churches, corporations and individuals add the link to their Web sites.

"Service members and their families have told us how much they are inspired by the messages of support from all across the nation that are posted each day. Whether you post a message on the site or team up with a local group organizing care packages, each and every activity sends the message loud and clear: 'America Supports You,'" he said.

Pool continued from page 11

The program was created from a desire for the aquatics department to offer more to families, Noveroske said.

"I wanted to get parents together to get some insight on what they are looking for or would like to see the aquatics department offer for them. Different programs, classes, etc., is what we are looking for," she said. "And what better way than to have a special time for them once a week to do that?"

Despite its name, "Mommy and Me" is open to daddies as well, Noveroske said.

"We encourage both parents to participate as often as possible. We will be altering the times as we progress into spring and summer along with changing pools, possibly meeting at an outdoor pool in the evening, just to give both parents a chance to participate in the program," she said. "We have a lot of options to work with, we just need parents' input."



Post/Blackmon

Moms and their toddlers escape the bitter cold temperatures for a morning "Mommie and Me" swim at Long pool.

'Mommy and Me' times

"Mommy and Me" will be from 9 to 11 a.m. every Tuesday at Long pool.

The cost is \$2 per family.

Lifejackets are provided. No registration required.

For more information, call 239-9441 or 239-4684.

Scout continued from page 11

ment for making Eagle Scout. Van Cleave coordinated the project with volunteers from his troop's sponsors, 1st Battalion, 16th Infantry, at Fort Riley and local school teachers, friends, family and students. The clean up took all day, but volunteers were refreshed with pizza and soda donated by area fast food outlets.

"The project took no money. We only received donated supplies and time," he said. "Making Eagle Scout is very important to me," Van Cleave said. "I am able to

involve myself as much as I like due to the support of both my parents."



Andrew Van Cleave

"We are very proud of Andrew," his mother said. Van Cleave keeps a scrapbook of his awards and experiences in Scouting. He said he plans to continue Scouting because he enjoys helping people.

Van Cleave said hopes to receive a Boy Scout scholarship and attend college or join the Army. Currently he is studying to earn two new Scouting badges - one for veterinary medicine and another for plumbing.

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Community news briefly

Rally Point sets activities

Jan. 21 and 28 – 5 to 8 p.m., Family Night with dinner buffet, family-friendly movie and dancing

Jan. 22 and 29 – 11 p.m. to 4 a.m., Late Night with DJ Monroe

Jan. 23 – NFL games on TV

Jan. 26 – 5 to 9 p.m., 10-cent wings (dine in only)

Jan. 27 – 5 to 9 p.m., 95-cent cheeseburgers

Jan. 30 – 7 p.m., WWE Pay-Per-View, Royal Rumble.

For more information, call 784-5434.

Crafts center slates classes

Jan. 24 – 6:30 to 8:30 p.m., stained glass

Jan. 24 – 7 p.m., crochet, knitting, cross stitch

Jan. 24 – Wood safety

Jan. 31 – 6:30 p.m., advanced matting and framing

Jan. 31 – 6 p.m., basket weaving

For more information, call the Arts and Crafts Center at 239-9205.

Teen Center slates activities

Jan. 21 – 7 to 10 p.m., pool party at Long Fitness Center

Jan. 22 – 8 p.m. to 6 a.m., middle school lock-in

Jan. 28 – 8 to 10:30 p.m., middle school dance

Jan. 29 – 6 to 9 p.m., family potluck dinner

For more information, call the Teen Center at 239-9222.

BOSS sets activities

Feb. 4-6 – Better Opportunities for Single Soldiers Colorado ski trip. Contact your BOSS representative for details.

For more information, call 239-8147.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.



File photo

Chapel services

Morris Hill Chapel:

- * Youth Ministry's Catholic Youth Organization, Sundays September through May

- * Protestant Women of the Chapel, 9 to 11:30 a.m. Tuesdays

- * Protestant Women of the Chapel Evening Bible Study

- * RCIA (for anyone who wants to learn more about Catholic teachings and practices), 3 to 4:30 p.m. Sundays September through May

- * Protestant Gospel worship service, 11 a.m. Sundays

- * Catholic Mass, 9 a.m. Sundays

- * Sacrament of Reconciliation (Confession), 8 to 8:30 a.m. Sundays or anytime by appointment (239-4814).

- * Protestant Sunday school, 9:30 a.m. September through May

- * Catholic kindergarten through high school 9 a.m. after Mass Sundays September through May at the chapel and Fort Riley Middle School

- * Catholic Children's Church, 9 a.m., during Sunday Mass

Kapaun Chapel:

- * Youth Ministry's Gospel Youth, 7 p.m. Wednesdays

- * Men's Bible study, 5:30 to 6:30 a.m. Thursdays

- * Protestant Contemporary wor-

ship service, 11 a.m. Sundays

- * Gospel Bible Study, 7 p.m. Wednesdays

Normandy Chapel:

- * Protestant worship service, 9:30 a.m. Sundays

- * Lutheran worship service, 11 a.m. Sundays

Main Post Chapel:

- * Protestant worship service (traditional), 10:30 a.m. Sunday

- * Protestant Sunday school 9:15 a.m. September through May

St. Mary's Chapel:

- * Youth Ministry's Club Beyond-JV, 5 to 6:30 p.m. Sundays September through May.

- * Youth Ministry's Club Beyond, 7 to 8:30 p.m. Sundays September through May.

- * Catholic Women Mass and meeting, 10 a.m. first Thursday of the month September through May.

- * Catholic Mass, 11 a.m. Sundays

Hospital Chapel:

- * Mass, noon Monday through Thursday

- * Jewish religious services are available upon request. For more information, call the Installation Chaplain's Office at 239-3359.

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Raising children expensive

Professor links cost to changes in lifestyle

By Tina Deines

Kansas State University

MANHATTAN – Since 1960, the average cost of raising a child has gone from \$136,800 to \$190,528, according to U.S. Department of Agriculture figures.

Lifestyles of families today could play an important role in the amount of money it takes to raise children, said a Kansas State University professor.

John E. Grable, associate professor of family studies and human services, said the lifestyles of families have changed a lot during the past 40 years.

"I know a lot of families are stressed for time so they tend to eat out a lot," he said. "Over time, you could spend a lot of money doing this."

Grable also said there is an increase in the number of households with two parents working. This could contribute to expenses

such as childcare.

"Today you almost absolutely have to have two people working," Grable said. "And the more you work, the more it costs to raise children."

Another factor Grable mentioned for the increase in cost of raising children is an increased dependence on designer and name brands.

Activity choices add to expenses

The type of activities families pursue is also a contributing factor.

"The activities families participate in are dramatically different than they were 40 years ago," he said. "Activities that may have been free in the past now are charging."

Also adding to financial burdens is the increase of health expenses, Grable said.

"I have a feeling a lot of (the

increased cost of raising a family) is related to medical reasons," Grable said. "Those costs have increased over time."

He said it is difficult to reduce some of the financial responsibilities of raising children because they depend on changes many people would be unwilling to make.

"A lot of these costs are not removable unless you make a lifestyle change," Grable said.

For instance, parents could start shopping at Wal-Mart instead of the Gap, or one could quit working to stay at home. These solutions are dependant on people's values, so it is hard to tell people to change their lifestyles in these ways, Grable said.

There are some other solutions to a tight budget when raising children, though.

Grable suggested taking advantage of as many free activities as possible, such as community events and activities organized by the library.

AAFES to start Dollar Day\$

By Diane Weed

AAFES

The Army & Air Force Exchange Service rolls out its new concept for a "dollar store" inside the exchange.

The Dollar Day\$ Program will soon be in all exchanges offering high-quality goods that provide a great value to customers when priced at only one dollar.

"The program will be fully implemented in stores in Janu-

ary," said Monte McCarter, an AAFES merchandise manager.

"This program is designed to offer customers great merchandise at great prices."

The types of merchandise planned for the Dollar Day\$ Store include: hardware, plastics, candy, snacks, stationery, party goods, kitchen accessories, health and beauty items.

Stock assortment will also be adjusted for specific seasons like Easter, summer, and back-to-school.

The program was tested at 65 select locations and was extremely successful, McCarter said. AAFES received positive responses from both the customers and the stores.

"The dollar store concept is one of the fastest growing categories in the retail market," said Larry McMahon, an AAFES buyer supervisor.

"This program will help AAFES remain competitive and will give our customers more options," he said.



Fort Riley Sports & Recreation

Friday, January 21, 2005

America's Warfighting Center

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Sports news in brief

Eagle viewing trip planned

A free bald eagle watching tour is planned on Fort Riley on from 1 to 4 p.m. Feb. 19. This is an outside event, so participants should wear warm clothes. Participants are encouraged to bring their cameras, video cameras and field glasses to help view these spectacular birds and preserve memories of the trip.

Call the Outdoor Recreation Center at (785) 239-2363 for more information and to register for the tour.

Fitness centers change age rule

A new age policy for the fitness centers becomes effective Jan. 16. On that date, children 12 years old and younger will not be authorized to use any mechanical, strength or cardio equipment, saunas or steam room.

Eligible youth who are 15 and younger must be participating in the same activity and under the direct supervision of a parent or guardian. This policy includes the use of basketball and racquetball courts.

Children age 12 and younger will not be permitted into the free weight or cardio areas while a parent or guardian works out.

Patrons get to bowl free

Bowlers get a chance to win a free night of bowling every Tuesday from 7 to 9:30 p.m. Anyone who signs up to bowl at that time receives a ticket for a chance to win. Tickets will be drawn at 7, 7:30, 8 and 8:30 p.m. Whoever has their ticket drawn bowls free for that evening.

For more information, call Custer Hill Lanes at 239-4366.

Range open for weekend

Fort Riley's range for privately owned firearms will be open Jan. 22, Jan. 30, Feb. 20 and Feb. 27, weather permitting, according to volunteer range coordinator Stephen Bachelor. The volunteer range officer for those days is Sgt. 1st Class Donald Love.

The range is usually open despite inclement weather. If the range is to be closed because of severe weather or extreme cold or heat, the range officer scheduled for duty will notify Range Control and Outdoor Recreation.

Military police man the gate to the range area and inspect for range pass and that all weapons have the proper Provost Marshal's Office registrations. The vehicle pass for the range can be picked up at the Outdoor Recreation Center.

Firearms owners also can register weapons at the Outdoor Rec Center, although it is recommended owners take a list of their weapons and serial numbers they wish to shoot at Range 9 to the PMO's Physical Security Office.

All users of the POF Range must possess a valid Department of Defense ID card and a Fort Riley weapons registration form for their firearm. All users of the POF Range must have a valid POV pass.

All shooters must bring their own hearing protection. No water is available at Range 9. Target stands and targets are available at no charge at Range 9.

For more information, call Bachelor at 239-1525.

Soldiers run marathon in Afghanistan

By Terry Anderson

ARNEWS

BAGRAM AIRFIELD, Afghanistan — Running in his first-ever marathon with limited training, 1st Lt. Mike Baskin beat the field Dec. 12 in a race held in the birthplace of the Taliban in southern Afghanistan.

More than 190 servicemembers and civilians completed the "Honolulu Marathon" at Forward Operating Base Ripley.

Runners traveled to FOB Ripley from all over Afghanistan, arriving by helicopter early on the

morning of the race.

"I wasn't actually supposed to be here to run it," said Baskin, the acting company commander for Company A, 2nd Battalion, 5th Infantry Regiment. "Our company commander is on leave and I wasn't supposed to leave Forward Operating Base Anaconda, but I worked it out with our battalion commander, and here I am."

Baskin, a 24-year-old California native, finished the 26.2 miles in 3 hours, 12 minutes and 16 seconds, more than 15 minutes ahead of second-place runner and friend, Capt. Ian Grimstead.

Spc. Jill Stevens was the first

female runner to cross the finish line in 3 hours, 45 minutes, and 20 seconds, placing her seventh overall.

"Capt. Grimstead and I joked with each other on who was going to win the race," Baskin said. "But we all came out and our main goal was to have fun; it's something non-mission-related that we've enjoyed."

Capt. Ivan Hurlburt, a signal officer with 2nd Battalion, 5th Infantry Regiment, helped organize the race at FOB Ripley, an austere base north of Kandahar.

Hurlburt coordinated with the Honolulu Marathon Association

organizers to get official running numbers, finisher shirts, medals and the shell lei given to every finisher.

Private organizations donated prizes to the Honolulu Marathon Association for the runners, ensuring no one left Tarin Kowit empty handed. Hurlburt and the rest of the "Bobcats" hosted the marathon and provided all of the logistical support for the race.

Artillerymen from 3rd Battalion, 7th Field Artillery Regiment, fired the artillery cannon that began the race. Engineers of the 65th Engineer Battalion assisted in flattening the run route before

the race.

The runners had to run the perimeter of the base five times, battling a hill dubbed "mini-Diamond Head" halfway around the airfield. An unexpected rain shower the night before kept the dust down, but made parts of the course muddy. The base is at 4,400 feet in elevation and the thin mountain air presented a challenge to the runners.

Adding to the tension was the possibility of attack by insurgents — attacks that never materialized.

Editor's note: Master Sgt. Terry Anderson serves with the CJTF-76 Public Affairs Office.

Season starts

Trooper boys split games with Anthony

By April Blackmon

Staff writer

It was a rocky inaugural for Fort Riley Middle School's boys' basketball teams Jan. 13. The Troopers' A team was defeated 25-19 by Manhattan's Anthony Tornadoes during the team's season opener in Manhattan.

Down 10-8 at the half, the Tornadoes outscored the Troopers 9-2 in the third quarter. Led by two Chris Toombs 3-pointers in the fourth, a nine-point Trooper effort wasn't enough to catch up on the scoreboard.

Trooper Zach Birchmeier put up five points in the game, while Cameron Lotson added four to the effort. Devin Dickens and Quentin Kimura each scored two.

Kurt Giller led the Tornadoes with eight points, followed by Emmanuel Moka, who scored six.

The Troopers' B team also tasted defeat Jan. 13, losing to the Tornadoes 57-5.

The Tornadoes' offense exploded in the first half, amassing a 31-3 halftime lead over FRMS.

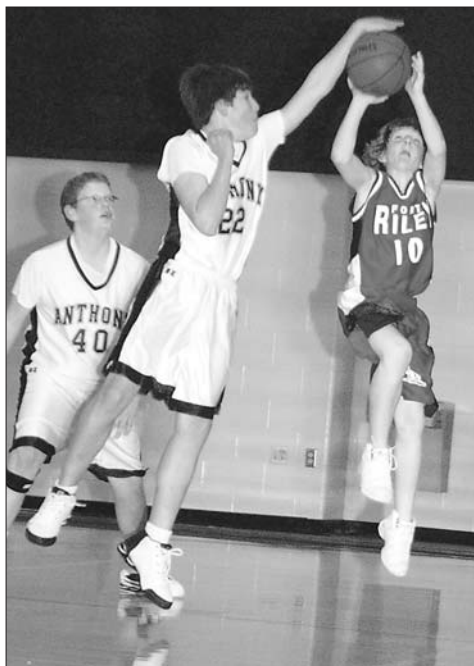
Birchmeier and Caleb Poppert each scored two Trooper points. Tornadoes players Alex Moran scored 11 points and Eric Woodridge totaled 10.

The C and D Trooper teams enjoyed their first season victories Jan. 13.

The C team won 34-23. Walker Armogen racked up 13 Trooper points, followed closely by Justin Ramos, who scored 11.

FRMS teammate Larry Mitchell led the D team in its 18-9 victory over Manhattan Anthony. Mitchell scored six points.

All four teams travel to take on Wamego Jan. 25. They return home Jan. 27 to play Junction City at 4 p.m. in the middle school gym.



B team Trooper Cody Waterman drives against an Anthony Middle School defender in Fort Riley Middle School's 57-5 loss on the road Jan. 13.

Post/Blackmon

Boys' Basketball Schedules

Teams A & B				Teams C & D			
Date	Opponent	Where	Time	Date	Opponent	Where	Time
Feb. 1	Chapman	Home	4 p.m.	Feb. 1	Chapman	Home	4 p.m.
Feb. 3	Marysville	Away	4 p.m.	Feb. 3	Marysville	Away	4 p.m.
Feb. 5	Wamego Tmry (A)	Away	9 a.m.	Feb. 9	Topeka N. Hills	Home	4 p.m.
Feb. 10	Manh. Eisenhower	Home	4 p.m.	Feb. 10	Manh. Eisenhower	Home	4 p.m.
Feb. 15	Manh. Anthony	Home	4 p.m.	Feb. 12	Wamego Tmry (C)	Away	9 a.m.
Feb. 24	Manh. Eisenhower	Away	3:30 p.m.	Feb. 15	Manh. Anthony	Home	4 p.m.

WWE champ: 'America supports you'

By Donna Miles

AFPS

WASHINGTON — Three-time World Wrestling Entertainment champion Mick Foley joined the Pentagon brass at Dec. 9 holiday gala dinner for wounded U.S. troops and their families to thank them for their service and share with them the message of DoD's new program, "America Supports You."

During the dinner, Foley visited with the troops and presented

their children copies of his newly released children's book, "Tales From Wrescale Lane."

He also shared his excitement about his upcoming WWE visit to Iraq, which began Dec. 14. Foley said he expected the visit, during which he and about 18 fellow WWE wrestlers would entertain the troops, to be "a five-day adrenaline rush." He said he looked forward to "spending some time with the troops who have done so much for us."

Foley, a staunch supporter of America's troops, regularly visits

wounded servicemembers at Walter Reed Army Medical Center in Washington and the National Naval Medical Center in Bethesda, Md. He said he started making the monthly visits about a year ago to help cheer up young men and women who had been wounded in Iraq and Afghanistan — but found that he was the one who gained the most.

"To see the determination they have is very inspiring," he said. "Knowing them has made me a better person."

Foley said it's important to

ensure these troops who really love their country know that their country loves them back. During his visit, he taped a public service announcement, to be aired on the Pentagon Channel as part of the America Supports You program.

Wearing commemorative America Supports You dogtags, obtainable at the program's Web site, Foley said during the announcement taping that he'll be thinking of the men and women on the front lines during the upcoming holiday season and beyond.

Army sponsors football game

Bowl game showcases values

By Reebea Critser

ARNEWS

SAN ANTONIO, Texas — The Army sponsored the All-American Bowl Jan. 15, showcasing the talents of 78 high school football players, and senior Army leaders said there were many reasons to sponsor the event.

"Take a look at the young high school players from all walks of life and how they become all-Americans with teamwork, dedication and discipline — it's the same we look for in Army values," said Vice Chief of Staff Gen. Richard A. Cody.

Cody and Sgt. Maj. of the Army Kenneth O. Preston visited the various Army booths outside Alamo Dome in San Antonio, Texas, before the game in which Team West beat the East 35-3.

The Army has been sponsoring the event since 2001, pitting the best high school players in the East against the best in the West.

"It's part of our recruiting effort which showcases the Army," Preston said. "It gives us an opportunity to bring out displays to show the Americans what's the Army about."

The nationally watched game "demonstrates the confidence of the Army and its ability to adapt and execute an event which reaches out to young people and help recruit them," said Secretary of the Army Dr. Francis J. Harvey. "I'm impressed with the Army's ability to adapt to any situation; whether it's on the battlefield or in recruitment, the Army always adapts."

Preston said the event addresses three categories of Soldiers: The first consists of Soldiers in Advance Individual Training at Brooke Army Medical Center, Fort Sam Houston, Texas, who attend the game.

"This game shows the support Americans have for Soldiers," Preston said. "It makes them feel that they're part of a greater, bigger Army."

The next group consists of Operations Enduring Freedom and Iraqi Freedom veterans whom Preston said the pre-game, half-time and post-game activities are geared for.

"The heroes are brought in from other installations and some are undergoing treatment at Brooke Army Medical Center," he said.

The last group includes retirees. "It's a great tribute to others who served in the past and continue to support today's Army," Preston said. "They're the best recruiters because of their experiences."





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Post/Baker

Make way, guys

Wildcat Cartier Massey drives for a shot despite being surrounded by Mizzou basketball players Jan. 15. Massey scored the team high 18 points in the Kansas State University 74-54 victory over Missouri University at Bramlage Coliseum. K-State's next home game is against Iowa State Jan. 26.

Classified
4 x 21.25"
Black Only

Custer Hill Lanes Bowling Results (as of Jan. 18, 2005)

Friday Night Mixed League			Officers' Wives Club League		
Team	Pts. Won	Pts. Lost	Team	Pts. Won	Pts. Lost
Stella's Angels	41.5	22.5	Bowldacious Babes	42.0	22.0
Red Dog Express	39.0	25.0	Queen Pins	41.0	23.0
OSIMA	39.0	25.0	Babes With Balls	36.0	28.0
Team On A Mission	37.5	26.5	Granmas On A Roll	36.0	28.0
TGIF	36.0	28.0	Team #5	25.0	35.0
Only On Fridays	35.0	29.0	Team #8	22.0	38.0
Team 9	32.0	32.0	Strike Force	25.0	39.0
SE Strike Force	31.0	33.0	Spare Balls	18.0	46.0
Crazy Eights	26.0	34.0	High Game Handicap-To Date		
Latecomers	23.0	40.0	Score		
Tree & Seven-Eights	21.0	39.0	Spare Balls	679	
Survivors	17.5	46.5	Queen Pins	641	
Team 13	2.5	1.5	High Series Handicap-To Date		
Team 14	1.2	2.5	Score		
High Game Handicap-To Date			Granmas On A Roll	1,862	
Score			Team #5	1,720	
TGIF	946		NOTE: Custer Hill Lanes submits standings to the Fort Riley Post. Teams earn a point for each game won plus one point is awarded to the team with the most pins in the three-game match. Teams receive a point lost for each game lost in a match.		
Team 9	895				
High Series Handicap-To Date					
Score					
OSIMA	2,641				
SE Strike Force	2,457				

Company level basketball

Western League Standings

(as of Jan. 14)

Team	W	L	Team	W	L
331st Signal	3	0	10th ASOS	2	3
HHC, 1-16	4	0	HHC, 24th ID	2	1
HHB, 1-5	3	0	USA MEDDAC	2	1
A, 1-5	0	1	15th PSB	0	4
B, 1-5	0	4	172nd Chemical	4	0
Co. B, 101st FSB	2	1	HHC, 1st Eng Bn	0	2
HHC, 1-34	1	2	Touch of Grey	3	0
C, 1-34	1	4	15th Finance	1	3
A, 1-34	1	3	523rd MPs	1	1

Southern League Standings

(as of Jan. 13)

Northern League Standings

(end of season)

Team	W	L
HHC, 2-34	3	2
C-4-1 FA	1	4
C-2-34 AR	1	4
HHB, 4-1 FA	5	0

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Travel & Fun in Kansas

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America's Warfighting Center

Friday, January 21, 2005

Leisuretime ideas

At the movies:

The Barlow Post Theater Doors open at 6:30 p.m. Shows begin at 7 p.m. unless otherwise noted.

Admission is \$3.50 for adults, \$1.75 for Children 5 to 11 years old and free for children under age 5, except during children's matinees or expected sell-outs.

Jan. 20 – Blade: Trinity (R)

Jan. 21 – Closer (R)

Jan. 22 – Flight of the Phoenix (PG-13)

Jan. 23 – Closer (R)

Jan. 27 – Flight of the Phoenix (PG-13)

Jan. 28 – Lemony Snickets (PG)

Jan. 29 – Spanglish (PG-13)

Jan. 30 – Lemony Snickets (PG)

Feb. 3 – Spanglish (PG-13)

For more information, call 784-2226 or 784-2640.

Manhattan:

What: Iraqi zoo caretakers talk about war's devastation of Baghdad zoo. Of 400 animals it had before the war, it now has only 12 because of thieves and vandals who destroyed enclosures, looted and stole animals.

When: 7 p.m., Jan. 24

Where: Ramada Inn Plaza Hotel

Cost: Free

Phone: (785) 587-2737

What: "Romeo & Juliet." Tale of Shakespeare's star-crossed lovers.

When: 8 p.m. Jan. 28

Where: McCain Auditorium

Phone: (785) 532-6428

Admission: Varies

What: "The Shape of Things." This contemporary story of love and art set in a college town follows the intensifying relationship between two students. The controversial playwright and filmmaker Neil LaBute examines the chances people are willing to take for art and for love.

When: 8 p.m. Feb. 10-12 and Feb. 16-19

Where: Nichols Theater on the Kansas State University campus

Admission: \$11 for general public, \$7 for students and senior citizens, groups of 10 or more may receive a discounted rate.

Phone: (785) 532-6857

Lawrence:

What: Eagles Day. Learn about nature and the environment. Presentations on nesting, banding, and live bald eagles. Performance by the Thunderbird Theater.

When: 10 a.m. to 5 p.m. Jan. 23-25

Where: 21st and Harper, Douglas County Fairgrounds

Phone: (785) 840-0700

Admission: Free

Topeka:

What: Kansas Day. Commemoration of the State's 144th birthday. Activities will incorporate aspects of historical and scientific exploration including activities on helium, discovered in Dexter, Kan.; experimental archeology; how Lewis and Clark documented Native American cultures, and Kansas inventors. In Stach Schook, students will do mapping activity reminiscent of Lewis and Clark, demonstration at the Museum include living history and craft presenters, interpreters at the grass lodge, immigrant wagon, drover's car, train steam engine, and Civil War display.

When: 9 a.m. to 3 p.m. Jan. 28

Where: 6425 SW Sixth Avenue, Kansas Museum of History

Phone: (785) 272-8681

Admission: Free. If you plan to bring a group, prior notification is requested.

An informative and activity-filled pre-visit packet will be available online.

What: "Foreigner." Topeka Civic Theatre performance.

When: Dinner 6 p.m.; show 8 p.m., Jan. 21 through Feb. 12

Where: 3028 SW Eighth Avenue, Topeka Civic Theatre & Academy

Phone: (785) 357-5211

Admission: Show \$18, dinner \$16

Abilene:

What: Kansas Statehood Ball. 1860s period dance to celebrate Kansas' statehood. Period dress is suggested but not mandatory.

When: 7 to 10 p.m. Jan. 29

Where: 619 N. Rogers Avenue, Sterl Hall

Phone: (785) 263-2681

Admission: \$5

Wichita:

What: Civil War Exhibit. See Civil War reenactors in full uniform telling the story that changed history.

When: 10 a.m. to 5 p.m. Monday through Saturday and noon to 5 p.m. Sunday, through Jan. 31

Where: 835 E. First St., Museum of World Treasures

Phone: (316) 263-1311

Admission: Adult \$9.90; senior \$6.90, youth \$5.90

What: Kansas Statehood Victorian Grand Ball. Two live bands, refreshments, door prizes, dance instruction, entertainers.

When: 8 p.m. to midnight Jan. 29

Where: 10005 E. Kellogg, Moose Lodge 138

Phone: (316) 264-0671, Ext. 103

Admission: \$25 single, \$40 couple

Arkansas City:

What: Eagle viewing. Observe eagles in their natural habitat along the sandy beaches of the Arkansas River.

When: 10 a.m. to noon Jan. 29

Where: 27814 27th Drive, Chaplin Nature Center

Phone: (620) 442-4133

Admission: Free

North Newton:

What: Celebrate Kansas Day. For all ages. Performances, take-home crafts for children, handicraft demonstrations, bake sale, flea market, and horse-drawn wagon rides.

When: 1:30 to 4:30 p.m. Jan. 29

Where: 2801 N. Main, Kauffman Museum

Phone: (316) 283-1612

Admission: Free

Burlington:

What: Pioneer Days. Rope and candle making, bean feed, historic displays, and entertainment.

When: 10 a.m. to 3 p.m. Jan. 22

Where: 1101 Neosho, Coffey County Historical Museum

Phone: (620) 364-2653 or (888) 877-2653

Admission: Free

Logan:

What: Age of Armor Exhibition. Exhibit containing armor and various armor elements from the late middle ages through the Renaissance from the Higgins Armory Museum.

When: 9 a.m. to noon and 1 to 4 p.m. Monday through Friday, 9 a.m. to noon and 1 to 5 p.m. Saturday, 1 to 5 p.m. Sunday and holidays through March 13.

Where: 110 W. Main, Dane G. Hansen Museum

Phone: (785) 689-4846

Admission: Free



Midget cars

Museum gets checkered flag

Most members of the High Banks Hall of Fame committee are people passionate about racing and convinced Belleville's heritage of racing should be preserved. The High Banks has attracted the top names in auto racing throughout the last century.

"I wanted to help remember the old drivers," Webber said. "My dad was racing when I was born. I raced motorcycles here and stock cars."

The 'High Banks'

The Belleville High Banks has brought exciting races to the Crossroads of America for nearly a century. The track, dubbed the "fastest 1/2-mile dirt track in the world," has brought the top drivers from all around the world to compete.

The "Belleville Midget Nationals" continues each summer as one of the nation's biggest and richest midget races in the country. Past, current and future racing stars use the "Belleville Midget Nationals" as a stepping stone to the nation's top racing circuits like the Nextel Cup and the IRL.

available. Only about 100 are left.

The committee inducts members into its Hall of Fame listing each year, recognizing drivers, car builders and owners and promoters - anyone who has made a significant impact on the sport of midget auto racing.

If you go

Where: Belleville, Kan. From Fort Riley, exit on Trooper Drive to 18th Street. Turn right to Jackson and go right on Jackson to U.S. Highway 77. Take U.S. 77 north to State Road 82 and continue north to U.S. Highway 24. Take U.S. 24 west to U.S. Highway 81 and U.S. 81 north to Belleville.

Hours: 10 a.m. to 5 p.m. Monday through Friday. Also open by appointment. Phone (785) 527-2526.

Web site: www.highbanks-museum.org



Military offered Colorado ski trips

DMWR

Fort Leavenworth Morale, Welfare and Recreation has joined forces with local RD Travel Limited President Russ Dubuc to offer all military and civilian personnel an unforgettable snow skiing experience in Summit County, Colo., home of Arapahoe Basin, Breckenridge, Copper Mountain, Keystone and Loveland ski areas, with Vail just 25 miles west.

In the middle of it all is Lake Dillon and the small towns of Dillon, Silverthorne and Frisco. Dubuc has been involved with the ski industry for years. He is a certified ski instructor and teaches part-time at Snow Creek, just across the Missouri River from Fort Leavenworth. After Snow

Creek closes, he finishes the season by teaching at the Breckenridge Ski and Ride School.

Now that he owns his own travel agency, he is arranging ski trips for the military because he is a Vietnam era veteran. His extensive knowledge of the area will take all the guesswork out of planning the perfect ski trip.

Two lodging options - hotels and condominiums - are offered. The best package is with lift tickets at Arapahoe Basin or Loveland ski areas and lodging at the Days Inn of Summit County in Silverthorne for \$72 per person, per day, midweek, double occupancy. Weekends are slightly higher.

Similar packages have been arranged at two other hotels and lift tickets to the other ski areas

are also available.

Condominiums range from studios to four bedrooms. They can sleep anywhere from two to 10 people and are available through property management companies in Breckenridge, Keystone, Silverthorne and Vail.

Per person pricing will vary with the location and number of guests in the condo.

Breckenridge is an old western town. Keystone is a resort and Vail is consistently rated the No. 1 ski area in North America.

The agreement with the condo companies to get the best prices is to book within two weeks or less of arrival dates.

In addition, Arapahoe Basin and Loveland Ski and Ride Schools are offering special dis-

counts to customers and Team Managers is offering a 20 percent discount on all ski rental equipment and accessories.

Dubuc has reviewed many of the area restaurants and can give great recommendations. Some of the restaurants are offering special discounts when shown a Military ID Card before being seated.

For more information, call Fort Leavenworth Arts, Crafts & Tickets at (913) 684-3377. Dubuc will be available on Thursdays from 11 a.m. until 2 p.m., or speak with Paula Jamison from 10 a.m. to 5 p.m. Tuesdays through Saturdays.

Anyone interested in the trips can also check visit www.fortleavenworthdmwr.com on the Web.

